

ELDER NUTRITION PROGRAM


Barnstable County APRIL 2024

Reservations & Cancellations must be made three business days in advance.



Menu subject to change without notice.

Main Office in S. Dennis: 508-394-4630

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Ham with Honey-Garlic Glaze(694)* Butternut Squash(0) Green Beans(2) Wheat Roll(135) Pudding(135)	2 Chicken Breast with Balsamic Plum Tomato Sauce(447) Creamy Polenta(14) Spinach(110) Wheat Bread(135) Fresh Banana(1)	3 Shrimp w/Tomato Cream Sauce(582)* Br.Rice&Quinoa Pilaf(86) Broccoli(9) Wheat Roll(135) Chocolate Cake(182) MOD:Lorna Doones(147)	4 Meatloaf with Gravy(258) Mashed Potato with Gravy(161) Carrots(43) Wheat Bread(135) Fresh Apple(1)	5 Chicken Breast Alfredo with Fettuccini(527)* Kale, Corn, & Red Pepper(16) Garlic Toast(350) Pears in tray(5)
650 cal; 1121mg sodium	734 cal; 862mg sodium	838 cal; 1149mg sodium	721 cal; 753mg sodium	823 cal; 1053mg sodium
8 Swedish Meatballs with Egg Noodles(434) Beets & Collards(81) Wheat Roll(135) Strawberries in tray(2)	9 "Fenway" Frank(540)* Baked Beans(140) Zucchini & Red Peppers(3) LS Hot Dog Bun(140) Fresh Grapes(2) Mustard pkt(55)	10 Beef Stew(169) Brussels Sprouts(12) Biscuit(310) Pudding(135)	11 COLD PLATE Chicken Salad(98) Potato Salad(187) Tomato-Corn Salad(11) Hawaiian Burger Bun(120) Lorna Doones(147) for both reg & MOD Beef & Barley Soup(215) for cong dining only	12 American Chop Suey with ground turkey & parm garnish(289) Broccoli(9) Cornbread(180) Apple Slices in tray(10)
721 cal; 807mg sodium	801 cal; 1035mg sodium	788 cal; 781mg sodium	874 cal; 718mg sodium	738 cal; 643mg sodium
15 SITES CLOSED 	16 Beef Stroganoff(175) Mashed Sweet Potato(35) Green Beans(2) Wheat Roll(135) Pound Cake(240) MOD:Lorna Doones(147)	17 Chicken Breast Bruschetta with Orzo(530)* Tuscan Veg(35) Garlic Toast(350) Fresh Banana(1)	18 Omelet with Mozzarella(472) Home Fries with Onions & Peppers(54) Zucchini & Tomato(178) Blueberry Muffin(180) 2 Fresh Clementines(1)	19 Stuffed Shells with Beef Bolognese & parm garnish(558)* Kale & Braised Beans(195) Wheat Bread(135) Mango in tray(0)
PATRIOT'S DAY	829 cal; 742mg sodium	809 cal; 1071mg sodium	719 cal; 1040mg sodium	657 cal; 1043mg sodium
22 Braised Beef with Veg(70) Baked Potato(6) Broccoli(9) Wheat Roll(135) Banana Cake(260) MOD:Lorna Doones(147) Sour Cream pkt(9)	23 Rosemary Garlic Chicken Breast(388) Mashed Potato(134) Veg Medley(12) Wheat Bread(135) Fresh Banana(1)	24 COLD PLATE Egg Salad(239) Artichoke Couscous Salad(167) Cole Slaw(70) Hawaiian Burger Bun(120) Fresh Grapes(2) Wild Rice&Turkey Soup(125) for cong dining only	25 Potato Pollock(330) Cheesy Grits(190) California Veg(17) Wheat Roll(135) Yogurt(50) Tartar Sauce pkt(85)	26 Unstuffed Pepper Bowl with ground beef, rice, & cheddar(182) Spinach(110) Cornbread(180) Apple Slices in tray(10)
863 cal; 644mg sodium	674 cal; 825mg sodium	844 cal; 753mg sodium	730 cal; 962mg sodium	875 cal; 637mg sodium
29 Chicken Breast with Peach Sauce(351) Brown Rice & Beans(60) Green Beans & Red Pepper(3) Wheat Bread(135) Yogurt(50)	30 Roast Turkey with Gravy(563)* Roast Potato(120) Butternut Squash(0) Wheat Roll(135) Dried Cranberries(2) in Single-Serving Box	<i>In order to reduce sodium at this meal, you may want to save items such as bread, milk, or dessert & have them with another meal or snack.</i>	Thank you for your voluntary donation of \$4.00 per meal towards actual cost of \$12.35 *indicates item w/ more than 500mg sodium.	
693 cal; 754mg sodium	732 cal; 975mg sodium			

NUTRITION INFO: Total calories (cals) & sodium are for the ENTIRE meal, including margarine & milk. Each item is followed by mg of sodium in parentheses. Margarine adds 30mg; Milk adds 125mg sodium.